

# [Healthy Carbonated Beverages/Soda]

## Abstract

A healthy and more nutritious carbonated beverages/soda formulation that will relieve the concerns from the public on carbonated beverages/soda drinking and health. In addition to traditional components (carbonated water, citric acid, natural flavor, preservatives), each can contains 10% or less daily value of the following ingredients: Calcium, Vitamin D<sub>3</sub>, Magnesium, Vitamin C. Carrot juice or  $\beta$ -carotene provides precursors for Vitamin A. The sugar is about 50% of the current amount. Aspartame in reduced current amount can be used instead of sugar with the above components to make diet carbonated beverages/soda. Mint flavor can be added to the above formulations in addition to the tradition carbonated beverages/soda flavors. Variation of quantity, source of ingredients and composition of the above formulation can be made according to specific situation. Each person can drink one to two cans per day in addition to vitamin or calcium supplementation. Up to 10 cans can be consumed per person per day if no calcium or vitamin tablets intake. It is consumers" responsibility to follow the instruction on the label.